

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A whistling punching bag, comprising:
  - (a) a punching bag,
  - (b) a compressible pneumatic target mounted partially inside the surface of said punching bag and partially outside the surface of said punching bag, and
  - (c) a whistle, and
  - (d) means ~~by which said~~ for sounding said whistle ~~sounds~~ when said compressible pneumatic target is struck by the user.
2. (original) The whistling punching bag of Claim 1 wherein said compressible pneumatic target is in the shape of a hemisphere outside the surface of said punching bag and in the shape of a hemisphere inside the surface of said punching bag with a narrower section transfixing the surface of said punching bag.
3. (original) The whistling punching bag of Claim 1 wherein said compressible pneumatic target is connected to said whistle by a pneumatic hose.

4. (currently amended) A whistling punching bag comprising:
- (a) a punching bag,
  - (b) a compressible pneumatic target, attached to said punching bag, and
  - (c) a whistle, and
  - (d) means ~~by which~~ for actuating said whistle ~~sounds~~ when said compressible pneumatic target is struck by the user.
5. (original) A whistling punching bag comprising:
- (a) a punching bag,
  - (b) a compressible pneumatic target attached to said punching bag, and
  - (c) a whistle, and
  - (d) a pneumatic hose connecting said compressible pneumatic target to said whistle.